



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAND FITNESS CLASS SCHEDULE JANUARY 4-31, 2021

CARLISLE FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-5:45am BODYPUMP™^ (Ashley)					
	7-7:45am Tai Chi (Kurt)		7-7:45am Tai Chi (Kurt)			
			8-8:45am Pilates (Melissa)			
10-10:45am BODYPUMP™^ (Alexa)	10-10:30am CXWORX™^ (Alexa)					
	10:35-11:20am BODYCOMBAT™^ (Alexa)					
5:30-6:15pm BODYCOMBAT™^ (Ashley)	5:30-6:15pm BODYPUMP™^ (Melissa)	5:30-6:15pm BODYCOMBAT™^ (Ashley)	5:30-6pm BODYPUMP™^ (Cecelia)			
			6:05-6:35pm CXWORX™^ (Cecelia)			

ALL CLASSES ARE HELD IN THE FORMER ADULT FITNESS CENTER

^BODYPUMP™, BODYCOMBAT™ and CXWORX™ are all LES MILLS™ Classes

CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013 P 717 243 2525 ext 230 E jcatron@carlislefamilyymca.org W carlislefamilyymca.org



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASS DESCRIPTIONS

CARLISLE FAMILY YMCA

WELLNESS CLASSES (located in the Prescott Room)

Tai Chi - One of the most famous branches of Chinese martial arts. It is characterized by its slow, fluid movements. Many think of Tai Chi as meditation in motion.

Pilates - A proven method for stretching and strengthening your entire body. If you are interested in putting health back into fitness, this is the class for you! All fitness levels welcome.

LES MILLS™ CLASSES (located in the Prescott Room)

BODYPUMP™ - The original weights class that builds strength, tones your body, pushes you to the limit and provides the education to perform weightlifting exercises correctly. This workout targets all your major muscle groups, shapes and tones those muscle groups, and will help to improve general fitness and well-being. Burn up to 560 calories per class.

BODYCOMBAT™ - The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Average calorie burn is 737 per hour.

CXWORX™ - This 30-minute 360-degree core-focused training class utilizes integrated and isolated movements for scientifically proven results. It is great for anyone who wants to functionally strengthen the muscles of the core and is appropriate for all levels of fitness.

CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013 **P** 717 243 2525 ext 230 **E** jcattron@carlislefamilyymca.org **W** carlislefamilyymca.org